



When the tide turns...

...we'll help you ride the waves.

The State of California's Employee Assistance Program can help you manage stress and achieve a better work-life balance. We can also help you:

- Overcome depression
- Cope with grief and loss
- Tackle alcohol and substance abuse
- Address family and relationship issues

Call us toll-free anytime. It's about you.

**(866) EAP-4SOC
(866) 327-4762**

TDD callers, please dial (800) 327-0801

Or visit eap4soc.mhn.com



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